



Mango & passion fruit fool



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



366 kcal

SIDE DISH

Ingredients

- ☐ 2 large mangos ripe
- ☐ 4 fruit halved
- ☐ 300 g greek yogurt low-fat (use if you prefer)
- ☐ 1 juice of lime

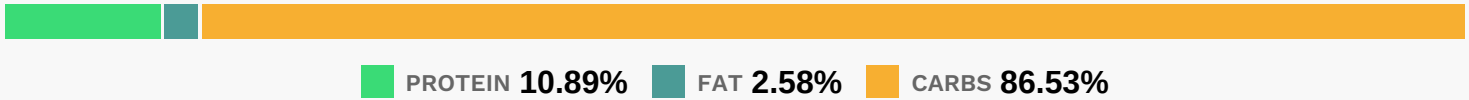
Equipment

- ☐ peeler

Directions

- ☐ Peel the mangoes using a vegetable peeler. Slice the cheeks off one and cut into small dice. Set aside.
- ☐ Cut the flesh from the remaining mango and stone, then pure flesh in a liquidiser. Squeeze out the seeds from 2 of the passion fruit halves and mix with the mango pure.
- ☐ Add lime juice to taste. Gently fold the yogurt and half the diced mango through the fruity pure.
- ☐ Divide between 4 glasses and top with the remaining diced mango. Cover and chill for 30 mins before eating. Scoop the seeds from the remaining passion fruit over the top of the fools to serve.

Nutrition Facts



Properties

Glycemic Index:12.94, Glycemic Load:7.18, Inflammation Score:-9, Nutrition Score:16.435217359792%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 366.23kcal (18.31%), Fat: 1.13g (1.73%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 84.81g (28.27%), Net Carbohydrates: 75.93g (27.61%), Sugar: 67.38g (74.87%), Cholesterol: 3.75mg (1.25%), Sodium: 50.69mg (2.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.68g (21.35%), Vitamin C: 49.82mg (60.39%), Vitamin A: 2485.62IU (49.71%), Fiber: 8.89g (35.54%), Vitamin K: 25.09µg (23.9%), Copper: 0.47mg (23.36%), Vitamin B2: 0.36mg (21.13%), Potassium: 688.91mg (19.68%), Phosphorus: 171.54mg (17.15%), Folate: 59.51µg (14.88%), Vitamin B3: 2.63mg (13.13%), Vitamin B6: 0.25mg (12.3%), Calcium: 118.18mg (11.82%), Selenium: 8.05µg (11.51%), Magnesium: 41.7mg (10.42%), Manganese: 0.19mg (9.74%), Iron: 1.62mg (9%), Vitamin B12: 0.52µg (8.75%), Vitamin B1: 0.1mg

(6.76%), Vitamin B5: 0.65mg (6.46%), Vitamin E: 0.96mg (6.37%), Zinc: 0.9mg (6.01%)